

单元素养测评卷(一)

Unit 1

(时间:120 分钟 分值:150 分)



第一部分 听力(共两节,满分 30 分)

第一节(共 5 小题;每小题 1.5 分,满分 7.5 分)

听下面 5 段对话。每段对话后有一个小题,从题中所给的 A、B、C 三个选项中选出最佳选项。听完每段对话后,你都有 10 秒钟的时间来回答有关小题和阅读下一小题。每段对话仅读一遍。

- ()1. What is Lucy playing?
A. The violin. B. The piano. C. The guitar.
- ()2. What is small for the woman?
A. The T-shirt. B. The hat. C. The skirt.
- ()3. How will the speakers go to the sports complex?
A. By bus. B. By taxi. C. By subway.
- ()4. Where will the man go this weekend?
A. His office. B. His home. C. The beach.
- ()5. What is the man's trouble?
A. He can't see the sign clearly.
B. He has no ticket for the movie.
C. He has parked in the wrong place.

第二节(共 15 小题;每小题 1.5 分,满分 22.5 分)

听下面 5 段对话或独白。每段对话或独白后有几个小题,从题中所给的 A、B、C 三个选项中选出最佳选项。听每段对话或独白前,你将有时间阅读各个小题,每小题 5 秒钟;听完后,各小题将给出 5 秒钟的作答时间。每段对话或独白读两遍。

听第 6 段材料,回答第 6、7 题。

- ()6. Where did the man use to play tennis?
A. In a club. B. In a stadium. C. In the playground.
- ()7. What are the speakers going to do?
A. Go back home. B. Have a break. C. Play tennis.

听第 7 段材料,回答第 8 至 10 题。

- ()8. When is the school barbecue?
A. On Tuesday. B. On Wednesday. C. On Thursday.
- ()9. What kind of music will the band play?
A. Jazz. B. Hip hop. C. Rock.
- ()10. Where will the barbecue be held?
A. In the garden. B. By the swimming pool.
C. On the sports field.

听第 8 段材料,回答第 11 至 13 题。

- ()11. Why is the woman behind with her writing class?
A. She was ill.
B. The course is too difficult.
C. She is busy with her reading task.
- ()12. What does the man think of his college life?
A. Busy. B. Boring. C. Colourful.
- ()13. What is the woman probably going to do on the 28th?
A. Visit an exhibition. B. Attend a party.
C. Watch a play.

听第 9 段材料,回答第 14 至 17 题。

- ()14. What does the woman want to do?
A. Get fit. B. Kill time. C. Relax herself.
- ()15. When can non-members enjoy the special offer?
A. This month. B. During holidays.
C. On their birthdays.
- ()16. How much does a swimming class cost non-members each time?
A. \$ 35. B. \$ 25. C. \$ 10.
- ()17. What class will the woman choose?
A. A weight lifting class. B. A swimming class.
C. A yoga class.

听第 10 段材料,回答第 18 至 20 题。

- ()18. What does the speaker mainly talk about?
A. What courses the college offers.
B. Why today's students need exercise.
C. How today's students spend their money.
- ()19. Who loves cycling?
A. Colin. B. Jack. C. Sarah.
- ()20. How does Diana get her money?
A. By selling a lot of books.
B. By asking her parents for it.
C. By selling clothes made on her own.

第二部分 阅读(共两节,满分 50 分)

第一节(共 15 小题;每小题 2.5 分,满分 37.5 分)

阅读下列短文,从每题所给的 A、B、C、D 四个选项中选出最佳选项。

A

Teen volunteer opportunities are the best way to learn the values of responsibility and enhance problem-solving skills. Here are a few

volunteer opportunities for you to take up.

Care for pets

Animal shelters and homeless shelters are the best places for animal lovers. A typical day volunteering at an animal shelter would involve helping with the adoption process, feeding animals and cleaning up after animals.

Participate in a beach clean-up

Teens can associate with a local environmental organization for a beach preservation. This is a great way to learn about ecology and contribute to its improvement in a hands-on manner. The opportunity involves outdoor activities and is a good platform to connect with green advocates.

Volunteer at a summer camp

A job as a "Counselor-in-Training" is a great fit for teens. It teaches them organization skills by training under experts. Teenagers can learn communication skills and benefit from the real-time feedback from children and parents. It is also an excellent opportunity to learn outdoor support skills, such as CPR and first aid.

Volunteer at a local hospital

Local hospitals are always on the lookout for a helping hand. Whether it's chatting with residents, greeting visitors or transporting patients to the cafeteria, a little help goes a long way! A few hospitals may have an age limit and require volunteers to get basic training and commit their time each week.

()21. Which volunteer opportunity suits environmentalists best?

- A. Care for pets.
B. Volunteer at a local hospital.
C. Volunteer at a summer camp.
D. Participate in a beach clean-up.

()22. What can volunteers benefit from a job at a summer camp?

- A. They can acquire essential emergency medical skills.
B. They can receive guidance from biologists.
C. They can progress in academic performance.
D. They can gain independence in outdoor activities.

()23. What is special about volunteering at a local hospital?

- A. It welcomes volunteers of all ages.
B. It may involve interactions with doctors.
C. It may call for weekly time devotion.
D. It focuses on transporting patients.

B

For 18 years, I’ve feared the yearly event of writing a “vision statement (愿景宣言)” for our son, Ethan. He has autism (自闭症). In theory, the vision statement is a lovely idea—an opportunity for parents to express the future they plan for their child five years down the road. In reality, as Ethan grew up and his limitations became clearer, I found it harder every year to write the short paragraph.

This year, as Ethan completed his final year in the school system, we signed Ethan up to work at a local farm that employs young adults with disabilities assuming it would go the way he always has. He’d be interested at first, then bored, and then—because he was bored—silly and unsafe around the equipment in a way that would get him removed from the programme. It was his pattern and if there’s anything we’ve learned, autistic kids love repeating their patterns.

Surprisingly, after a year, we were told he’d made it onto a landscaping team. “What do you do in the team?” we asked. Ethan listed a few machines we assumed he was watching other people operate. We’ve lived with Ethan for 21 years. We know his limitations.

At our last meeting for the vision statement, a man from the farm read a report on Ethan. Ethan was operating those machines, safely and effectively, along with the final line: “Ethan makes us laugh every day.” I could hardly believe it.

Ethan wrote his own vision statement this year. He read it aloud:

“I plan to work at Prospect Meadow Farm until I retire and live at home with my family as long as I can. My goals for the future are to learn how to drive a lawnmower (割草机).”

I had tears in my eyes. Not simply because Ethan had made his own entirely reasonable vision statement, but because it involved the part of his present life that brings him joy. After years of making up visions for a future we never honestly thought possible, Ethan was offering one that was both hopeful and extremely simple: I want my life to keep looking the way it does NOW.

- ()24. How did the author feel about writing a vision statement for her son?
- A. It was difficult. B. It was boring.
- C. It was annoying. D. It was embarrassing.

- ()25. Why does the author mention Ethan’s pattern in Paragraph 2?
- A. To show her concern for Ethan’s safety.
- B. To show her familiarity with autistic kids.
- C. To show her low expectations for Ethan’s farm job.
- D. To show her special responsibility as Ethan’s parent.
- ()26. How did Ethan behave on the farm?
- A. He went beyond his limits.
- B. He made silly mistakes.
- C. He liked watching others working.
- D. He could hardly get along with others.
- ()27. Which statement will the author probably agree with?
- A. Success is built on failure.
- B. Never lose faith in your high goals.
- C. Family support helps to develop confidence.
- D. The future should look like the best parts of the present.

C

When people talk about suddenly remembering old memories, the memories they’re referring to are usually episodic (情景的) memories. As the name suggests, this type of memory stores the scenes of our life.

Another type of memory that can also be suddenly remembered is semantic memory. Our semantic memory is the storehouse of our knowledge, containing all the facts we know.

Usually, the recall of episodic and semantic memories has easily identifiable triggers (诱因) in our context. Context includes our physical surroundings as well as the aspects of our mental state, such as thoughts and feelings. For example, you’re eating a dish at a restaurant, and its smell reminds you of a similar dish your mum used to make. This is episodic memory. When someone says the word “Oscar”, the name of the movie that won the Oscar recently flashes in your mind. That belongs to semantic memory.

These memories had obvious triggers in our context, but sometimes, the memories that flash in our minds have no identifiable triggers. They seem to flash across our minds out of nowhere; therefore, they’ve been called mind-pops (闪念).

Mind-pops shouldn’t be confused with insight, which is the sudden popping up of a potential solution to a complex problem in the mind. Thus, mind-pops are semantic or autobiographical memories that suddenly flash in our minds without an easily identifiable trigger.

Mind-pops may comprise any piece of information, be it an image, a sound, or a word. They’re often experienced by people when they’re engaged in mundane tasks like mopping the floor or brushing teeth. Such ordinary and unexciting routines tend to inspire something in our mind. For example, you’re reading a book, and suddenly, the image of your school corridor pops into your mind for no reason. What you were reading or thinking at the time had no connection with your school.

I do experience mind-pops from time to time. But when I tried to look for cues in my context that may have triggered my mind-pops, I would fail. Maybe such mind-pops are completely random.

- ()28. Which of the following might be episodic memory?
- A. You predict a heavy rain is on the way.
- B. A good idea flashes into your mind suddenly.
- C. A song reminds you of your middle school graduation.
- D. You think of a round shape when hearing the word “circle”.
- ()29. What is a feature of mind-pops?
- A. They have obvious triggers.
- B. They come out without warning.
- C. They appear in the form of images.
- D. They often bring long-lasting memories.
- ()30. What does the underlined word “mundane” in Paragraph 6 probably mean?
- A. Careful. B. Dull.
- C. Necessary. D. Challenging.
- ()31. What is the aim of this passage?
- A. To explore human inner thoughts.
- B. To point out the memory formation.
- C. To distinguish different memory scenes.
- D. To explain some similar memory phenomena.

D

Sometimes to go forward you must look backwards. Wind-powered ships have been used since ancient times, ever since the invention of the sail. With the coming of fuel-powered ships, however, the sail fell out of favour as a practical way to move large boats and ships across the ocean. Now, sails are making a comeback as a way to lower the carbon emissions produced by the fuel-powered shipping industry.

Shipping is not an environmentally friendly industry. In fact, the industry is responsible for about three percent of global emissions. Luckily, the leading figures in the industry have made a commitment to become planet-warming gasses net zero by 2050. This is where the *Pyxis Ocean* comes in.

The *Pyxis Ocean* is a ship with two “WindWings”, which was designed by a British company. The ship made its first journey crossing the ocean from China to Brazil in 2023.

But the “WindWings” are not quite sails. Standing up to 37 metres tall, they are designed using the same type of aerodynamic (空气动力学的) principles that make it possible for an aircraft to fly. When not being used, the sails fold down onto the ship’s deck. It is estimated that the wings will save around 3 tons of fuel a day. That is a lot of fuel.

With new, cleaner fuels still in the works, these partial measures to reduce carbon emissions are a godsend. “Ultimately we do need zero-carbon fuels on all ships, but in the meantime, it is necessary to make every journey as efficient as possible,” Dr Simon Bullock, a shipping researcher, said.

Luckily, wind-powered technology is gaining recognition. About 100 out of every 110,000 new-build ships are being built using some sort of wind technology. And that doesn’t take into account ships like the *Pyxis Ocean* which have been, or will be transformed with sails, kites, or other types of wind-powered mechanisms.

() **32.** What does the comeback of the wind-powered technology indicate?

- A. The whole world is faced with an energy crisis.
- B. Sustainable development has become a global trend.
- C. The solutions to modern problems may lie in the past.
- D. The shipping industry is determined to turn away from fuels.

() **33.** What is the main purpose of the “WindWings” on the *Pyxis Ocean*?

- A. To reduce the ship’s carbon emissions.
- B. To provide entertainment for the sailors.
- C. To serve as a backup power source.
- D. To increase the speed of the ship.

() **34.** What does the author imply in the last paragraph?

- A. Wind power is playing a major role in the shipping industry.
- B. The wind-powered technology is reliable and promising.

- C. Fuel-powered ships will soon be replaced by wind-powered ones.
- D. Technology innovation is key to addressing environmental issues.

() **35.** What can be the best title for the text?

- A. New ship sailing into the future
- B. Traditional shipping taking the stage
- C. The *Pyxis Ocean*: new hope for the earth
- D. “WindWings”: a return to ancient shipping wisdom

第二节 (共 5 小题; 每小题 2.5 分, 满分 12.5 分)

阅读下面短文, 从短文后的选项中选出可以填入空白处的最佳选项。选项中有两项为多余选项。

If you wrestle with insomnia (失眠), you probably have been tempted to try anything that promises better sleep. One thing that might sound a little strange but that has been known to work: adding a weighted blanket to those bedcovers. 36. _____ Alanna McGinn, the founder and lead sleep expert at Good Night Sleep Site, says, “I’m an advocate of them because they can work so well.”

About 32% of Americans don’t get enough sleep, according to the Centres for Disease Control and Prevention in the US. 37. _____ But as many as 35% of adults have trouble sleeping from time to time, and 10% regularly have trouble falling and staying asleep.

Just as swaddling (用襁褓裹住) babies can send them to sleep, using a weighted blanket helps your heart and breathing slow and your body release feel-good hormones. The weight—usually between 5 and 30 pounds, which sounds like a lot but is spread out over the entire bed—comes usually from plastic or glass beads (珠子) surrounded by filling. 38. _____

A 2020 review looked at eight studies and concluded that weighted blankets helped reduce anxiety but not necessarily insomnia. 39. _____ A randomized controlled study in Sweden in 2020 looked at 120 people with insomnia and also depression, anxiety or other mental disorders. Those who used a weighted blanket reported that they had better sleep and were less tired, anxious and depressed during the day.

40. _____ “If you’re someone with circulatory conditions such as diabetes or breathing issues, you should check with your doctor before using a weighted blanket,” adds McGinn.

A. No two blankets are the same.

- B. Other researches tell a slightly different story.
- C. Weighted blankets have become a sleep tool to have.
- D. However, weighted blankets may not be effective for all individuals.
- E. There are multiple weight options to meet individual comfort needs.
- F. The heaviness imitates a touch therapy called deep pressure stimulation.
- G. Experts there recommend at least seven hours of shut-eye per night for adults.

第三部分 语言运用 (共两节, 满分 30 分)

第一节 (共 15 小题; 每小题 1 分, 满分 15 分)

阅读下面短文, 从每题所给的 A、B、C、D 四个选项中选出最佳选项。

I was having a hard time trying to find work. The economy in our area was in pretty 41 shape. And I was 42 for what to do next when I answered the online 43.

NEEDED: someone to cut and split (劈) wood.

I drove to the address and there on the front field was a huge 44 elm tree blown by strong winds. An old lady was sitting 45 at the door. We 46 on \$150 to do the job.

The old elm was tougher than I had 47. My chainsaw (电锯) cut it fine, but when I tried to split it, my chainsaw was 48. So I had to borrow a wood splitter from her neighbour.

I managed to finish the task at dusk. As she looked at the huge pile of wood on the lawn, an 49 expression worked its way across her face. She invited me in for 50. With tears building up in her eyes, she 51 me a sandwich and said, “I am sorry... The \$150 I promised to pay you is going 52. I had it in my purse but nowhere to be found. That is what 53 money I have saved for half a year.”

Seeing her home was not 54, I realized she was having a hardship worse than I. I comforted her and then 55 what firewood would fit into her wood storage room.

On the way home I thought to myself, “It is what it is.”

- () **41.** A. rough B. unique C. different D. active
- () **42.** A. at a time B. at a loss C. in a way D. in the mood

- () **43.** A. course
C. advertisement
- () **44.** A. growing
C. rotten
- () **45.** A. helplessly
C. thoughtfully
- () **46.** A. insisted
C. looked
- () **47.** A. anticipated
C. remembered
- () **48.** A. unusual
C. useless
- () **49.** A. astonished
C. abstract
- () **50.** A. breath
C. shift
- () **51.** A. served
C. owed
- () **52.** A. fast
C. missing
- () **53.** A. extra
C. much
- () **54.** A. attractive
C. decent
- () **55.** A. piled
C. backed
- B. platform
D. activity
B. upstanding
D. fallen
B. happily
D. leisurely
B. agreed
D. depended
B. mentioned
D. experienced
B. sharp
D. faultless
B. annoyed
D. anxious
B. dinner
D. money
B. returned
D. bought
B. short
D. returning
B. remaining
D. little
B. old-fashioned
D. secure
B. changed
D. broke

第二节(共 10 小题;每小题 1.5 分,满分 15 分)

阅读下面短文,在空白处填入 1 个适当的单词或括号内单词的正确形式。

Guessing lantern riddles is an activity that 56. _____ (date) back at least as far as the Southern Song Dynasty, 57. _____ scholars wrote riddles on small slips of paper and 58. _____ (hang) them on lanterns for festival attendees to guess.

Most of these lantern riddles were 59. _____ (simple) created as a form of entertainment. Sometimes, however, imperial advisors used them to make a 60. _____ (suggest) to the emperor.

If the emperor didn't like it, the advisors could claim that the riddle had been interpreted incorrectly, thus 61.

(avoid) his wrath (愤怒). This was possible because the riddles' answers were rarely obvious and clear-cut, leaving them open to multiple interpretations.

Today's lantern riddles are still difficult 62. _____
(guess). So difficult, in fact, that they're referred to as "lantern
tigers" and guessing lantern riddles is sometimes referred to as "guessing
lantern tigers". Generally, lantern riddles are based on complex
forms of wordplay and may be difficult for even 63. _____
(advance) students of Chinese to understand.

Most riddles consist of the riddle itself and an implication that tells the guesser what form he or she should expect the answer to take. For example, sometimes 64. _____ implication might indicate that the answer is a Chinese idiom, the name of a country or that it should be composed 65. _____ Chinese characters.

第四部分 写作(共两节,满分 40 分)

第一节(满分 15 分)

假定你是李华,得知你的留学生朋友 Peter 准备写一份中国乡村生活报告。请给他写一封邮件,邀请他寒假到你的家乡体验生活,内容包括:

1. 写信目的；
2. 体验内容及意义；
3. 表达希望。

注意:写作词数应为 80 个左右。

第二节(满分 25 分)

阅读下面材料,根据其内容和所给段落开头语续写两段,使之构成一篇完整的短文。

When we arrived at the theme park in Southern California after an hour's drive, we discovered that the gates were closed. We knew that wildfires had been burning all over the area, but none were near our destination. We'd saved up so we could afford a trip to this theme park that the kids had been begging to visit. But because it's

located in a valley, smoke blown in from the fires made it dangerous for visitors.

I had to explain to four disappointed children that the highlight of the trip we had planned for weeks was canceled. It had already been a hard year. My nine-year-old son had been diagnosed with diabetes (糖尿病) and my husband was out of work for months.

We had no idea what to do with a van (面包车) full of sad children. Then, we brainstormed. Disneyland was out of reach financially, but outside its gates was a massive LEGO store. We decided to take the children there and let them pick out LEGO sets to take home and build. They could spend as much time as they wanted exploring the store.

Driving ninety more minutes on the freeway, we could see smoke clouding over the sky, getting thicker by the minute. Arriving outside Disneyland, the kids were excited to explore the LEGO store. While the children and dad shopped, my phone rang. It was my mother in Minnesota, wondering how we were getting on with all the fires around us. I was updating my mother on our revised plans outside the store when I felt a tap on my shoulder. Another tourist had overheard the conversation.

“My name’s Patty, and I have tickets to Disneyland,” the woman said. “We’re not going to use them, and I couldn’t help but hear your story. I’ve been looking for the right people to give them to.”

注意:续写词数应为 150 个左右。

Paragraph 1:

I couldn't believe my ears!

Paragraph 2:

I gathered my family and we hurried into Disneyland excitedly.
